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■ INSIDE

FENWICK LIONS READY TO PLAY

The Fenwick Lions and Lioness clubs are getting ready to host the Pelham and surrounding community in Centennial Park on May 28, May 29 and May 30. The annual carnival following the holiday weekend kicks off a summer of activities in the town. For a look at the lineup, see Page 11.

■ EDUCATION: Crossley student goes for two weeks

Niagara students to build in Vietnam

WAYNE CAMPBELL
Pelham NEWS Staff

PELHAM – Mitchell Delle Monache has already learned how to build a cinder block wall.

The Grade 11 student is one of 15 students selected for an education experience in Vietnam with the District School Board of Niagara's International program.

The DSBNI team will work with Habitat for Humanity for two weeks in My Tho in the Mekong Delta in southern Vietnam to build a home.

They have already taken classes in masonry, bricklaying and mortar fixing.

Delle Monache said he applied for the program because he was interested in seeing and living in another culture.

"I'm interested in learning about he language," he said. "In two weeks, you won't learn much but you will get some."

He is particularly fascinated in the seeing a whole different way of life and has began reading about Vietnam.

"We are all familiar with the wars and they have been fighting wars for a long time but there is much more to the culture," he said.

While his background is academic and he's active in sports especially track, he said he is enjoying learning the construction skills.

The six-foot two-inch stu-



WAYNE CAMPBELL Staff Photo

Mitchell Delle Monache, a Grade 11 student at E.L. Crossley Secondary School, is one of 15 District School Board of Niagara students selected to spend two weeks in Vietnam working on a Habitat for Humanity construction project in June and July.

dent knows he won't blend in a Vietnamese community he said with a laugh.

"I was told the most valuable advice is to duck your head," he said.

This is the second year Crossley has participated in the international program. Last year Ryan Elliott went to El Salvador.

He came back to tell Crossley students it was a "life changing experience."

about their experience.

It involves a lot of work for the students but it provides an experience of a lifetime, she said.

"I'm pumped to go," said Delle Monache as he looks forward to a 22-hour flight to begin two weeks on June 28.

To raise the \$3,500 for the trip, a King Henry VIII night was held at the Fonthill Legion. Delle Monache and his family were impressed with the support they received from local businesses and Pelham residents.

Other students participating in 2010 DSBNI build are: Halley Dang, Westlane Secondary, Niagara Falls; Michael Pettini, Laura Secord Secondary, St. Catharines; Nancy Nguyen, Stamford Collegiate, Niagara Falls; Oluksayo Oloade, Sir Winston Churchill, St. Catharines; Kevin Johnston, A.N. Myer, Niagara Falls; Alanna Smyth, Grimsby Secondary.

Lyndsay Johnston, Port Colborne High School; Jan Peebles, Eastdale Secondary, Welland; Curtis Stratford, Welland Centennial, Dallas Marriott, Fort Erie Secondary School; Renee Silva Plagues, Governor Simco, St. Catharines; Ryan Kroeker, Eden High School, St. Catharines; Kayla Kuyvenhoven, Grimsby Secondary, and Andrew Petheram, A.N. Myer, Niagara Falls.

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■ **COUNCIL:** New council chambers open for meetings

Tax rates up 0.73%

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM - If you own a \$260,000 home in Pelham, you'll pay \$3,981.36 in property taxes this year.

Town council passed the final tax rates for the town at its regular council meeting Monday. It includes town, regional and education rates. The average residential assessment in the town is \$260,000. The residential tax levy went up \$36.61 after all the rates set by the three levels of government were pulled together. It's a 0.73% increase.

Ward 3 Councillor John Dursey outlined the town's position is about 33%, Niagara Region's 48% and school rates set by the province rounded off to 9%.

Referring to adjustments made during the government of Conservative premier Mike Harris, he said there has been little evidence of benefits from the downloading of provincial services in exchange for education taxes.

Pelham's total property assessment value is \$1.6 billion with residential and farm, at \$1.6 billion, making up the bulk of it.

The town draws \$8.6 million from Pelham taxpayers to operate local services such as road maintenance, library services, firefighting, parks and recreation services and administration.

Niagara Region collects \$12.6 million from Pelham taxpayers to cover regional services including social services and roads, policing, water and sewer

and garbage collection.

For education services from four English and French school boards the Ontario government asks for \$5 million from Pelham.

In other council business, town council moved back to town hall for its first meeting in the new council chambers. For the past three months, the town met at Pelham Fire Station No. 1 on Regional Rd. 20 in Fonthill while the addition was put on town hall. To mark the occasion, Rev. Diane Walker of Pelham Community Church, chair of the Pelham Worship Leaders group representing 14 local churches, led the blessing of the new council chambers.

For the opening, Grace Lores, Pelham resident and French immersion student at Princess Elizabeth school in Welland, led the singing of a bilingual version of the national anthem. Pelham is one of the few municipalities in the area to begin meetings with the singing of O Canada, said Mayor Dave Augustyn.

The new council chamber addition includes offices for the mayor and chief administrative officer and their assistant. It was a \$300,000 project that included a \$150,000 community adjustment grant from the federal government. Augustyn thank the federal government for making the addition possible. It still needed decorating touches such as pictures of former councils.

wcampbell@wellandtribune.ca

upfront

■ **MUSIC:** Thursday nights begin to swing June 17

From rock to blues to jazz

WAYNE CAMPBELL
PelhamNEWS Staff

The Fonthill Bandshell will rock and roll on Thursday nights.

It will also swing to country, give you the blues, jazz up your life, turn you on to honky tonk and rock you back to the '60s. The bandshell committee announced the lineup for the fifth season at a launch party on last week at Lookout Ridge Retirement Community.

Opening with Sandy Vine and the Midnighters on June 17, it will continue through to the British Mobdets on Sept. 9. The concerts run from 7 p.m. to 9 p.m. each Thursday.

Committee Chair Gayle Baltjes-Chataway in introducing the volunteers, sponsors and performers said the concert series grew out of the Fonthill's 150th anniversary celebration.

You can thank the people who's names appear on the bricks around the bandshell for excellent steering, she said about the bandshell in Pease Park.

The volunteers who have kept the concert have pulled together tirelessly to fulfill the promise of the bandshell project to create a focus for the town.

Committee member Carolyn Mullin said collabora-



WAYNE CAMPBELL Staff Photo

The Fonthill bandshell committee announced the lineup for the fifth season of Thursday Night Concerts at a reception at Short Hills Retirement Community May 13. From left are committee members Dave Swan, Ray Barlow, Tom Crick, Gayle Baltjes-Chataway, Carolyn Mullin and Peter Dochstadter. Absent are Gail Levay and Jim Antoniou.

tion among the committee, town council, town staff, the farmers market and the sponsors have enabled the committee to bring in quality entertainment at a low cost.

Jim Casson outlined the entertainment with a slide projection featuring clips from most of the performers.

He called it a good mix of local, regional and provincial entertainers presenting a wide range of music styles.

Details can be found on the bandshell website www.fonthillbandshell.com.

Ray Barlow praised the

public support for concerts through donations to be red shirted bucket brigade.

Mayor Dave Augustyn said the committee has really made the bandshell the centre of the community. It has also made Pelham known for its concerts across Niagara.

"It's the place to go on Thursday night," he said. "The bandshell brings the community together. Thank you for the soul you bring to the town."

This summers Thursday Night Concert lineup with sponsors are:
June 17 - Sandy and the

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Midnights, a dance band, sponsored by Wellington West Capital Inc.

June 24 - Steve Strongman the blues man, Zee Labe.

July 1 - Lincoln and Welland Ambassadors, a big band swing group. Shortfalls Retirement Villa.

July 8 - Retrocity with a cappella 80s, Morgan Dilts and Toppari.

July 15 - The Rockin' '50s Show with Bill Culps Rock 'n' Roll Extravaganza, Communities of Lookout Ridge and Port Hope.

July 22 - Lindsey Mills, a Fonthill Coffee House favourite, the Rotary Club of Fonthill.

July 29 - Jimmy Yorlido Country Show, Royal LePage. Aug. 5 - Ray Michaels and the Retro Rockers, Indulgence.

Aug. 12 - Niagara Rhythm Section, Niagara Music Award Winners, the Lazy Loon.

Aug. 19 - Dave Murphy Band, a Toronto party band, Meridian Credit Union.

Aug. 26 - Christopher Plock, jazz vocalist, Sobey's.

Sept. 2 - Marty Allen, honky tonk rockabilly, Provincial Hearing Consultants.

Sept. 6 - British Mobdets, Niagara's '60 Rock Stars, Pelham Business Association.

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tempo

SAFETY: Crossley students see 'fatal' collision unfold

Mock devastation of drinking and driving

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM — A damp grey, foggy morning provided a sombre setting for a mock crash demonstration at E.L. Crossley Secondary School.

In the first such event in a number of years, drama students Philip Hering, Shane Vanhelli, Emma Mann and Kelly Nori played the crash victims in gory makeup Friday.

Their car, driven by Hering playing the role of a drunk driver, hit a tree in front of the high school.

He staggered out, cursed his luck, panicked then ran away. Vanhelli sat motionless in the front passenger seat, dead. In the back injured, Mann and Nori screamed in pain.

The scene played out as Niagara Regional Police, Pelham firefighters, Niagara Emergency Measures Services and the coroner arrived to carry out their tasks.

The NRP canine unit hunted down and arrested the driver. Firefighters put out a fire, provided first aid until paramedics take over then ripped open the car to assist in removing the victims.

Mann yelled in fear and pain as she was lifted to a fracture board and stretcher. Nori required a special fracture suit before she could be taken out.

With the injured out, the fatality victim remained covered.

"We can't help the body now," the police commentator explained. The coroner rolled up a stretcher with a body bag.

Crossley students crowded on the front lawn and listened to the police give a summary of the collision procedure along with an outline of charges and other conse-

**It's better to be
safe than sorry.
You have to plan ahead."**

Mary-Jane Wishart
E.L. Crossley student

quences the driver will face.

Pelham firefighter Capt. Rod Richards raised his facemask, took off his helmet and addressed the students.

The retired Welland Centennial Secondary School coach reverted to a teaching role by telling the students about John Kaufmann, one of three Centennial students killed by a drunk while standing on a sidewalk on Thorold Rd. in 2002. He told the students of the sadness of seeing someone you coached buried in his game sweater.

Later, Richards said young people understand the risks of drinking and driving much better than their parents did. "We just have to keep reinforcing," he said.

The mock crash demonstration was arranged by the school's CARD — Crossley Advocates for Responsible Decisions — club.

CARD members Jessica Minor, Lindsay Kis and Mary-Jane Wishart said they spent two years trying to attract the demonstration to Crossley.

The NRP and its Drive Safe team do two a year, usually in the spring when prom, grad and end of school year parties begin.

CARD members said they were not only trying to warn students about drinking and driving but also about impairment from illegal and prescription drugs.

"And you have to know the condition of driver before you get in the car," said Minor. "It's better to be safe than sorry," said Wishart. "You have to plan ahead."



Wayne Campbell Staff Photo
Pelham firefighters and a coroner's crew take fatal crash victim Shane Vanhelli from a wrecked car during a mock crash demonstration at E.L. Crossley Secondary School last Friday.



Wayne Campbell Staff Photo
Pelham firefighters and Niagara EMS paramedics remove actor Emma Mann from a wrecked car during a mock crash demonstration at E.L. Crossley Secondary School last Friday.



Wayne Campbell Staff Photo
Battered but not beaten E.L. Crossley Secondary School mock crash actors Phil Hering, Shane Allan, Emma Mann and Kelly Nori still in makeup celebrate their performances.

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Ken Moyana
PUBLISHER, EDITOR, MANAGER
Wayne Campbell, editor

perspective



Wayne Campbell
EDITOR

Old debate on the table

Pelham town council this week debated the number of councillors on regional council.

It discussed a resolution from Fort Erie town council calling for a reduction in the number of regional councillors to 19 from 21.

In the end, by a 4-3 vote Pelham council voted to support a "note of opinion" of regional government reform in Niagara" with the Fort Erie option one for review.

Supporting the motion were councillors Sharon Cook, John Durlley, Jim Lane and Debbie Urbanowicz. Mayor Dave Augustus, with councillors Peter Papp and Dave Emersons opposed a review.

During the debate councillors reached back to past positions.

Cook said the region and its lower-tier municipalities had about 100 politicians, which is too much for a region of 430,000 people. For regional council, she would favour one regional councillor from each of the 12 municipalities.

Durlley suggested taking the mayors off regional council. They were elected to run their towns and cities, not the Region.

Cook countered the favoured region that will result in better representation for residents rather than municipalities.

Augustus repeated a position he took at regional council. Governance debates and reports have taken up too much time and resources. He stacked up a pile of regional government reports from the past.

Cook countered that the present system of too many politicians lacks "nimbleness" to deal with problems effectively.

The region will not debate the issue before the end of its term this year. It could come back during the next term.

We see pressure to make councils smaller. The argument is it cuts costs and increases efficiency.

The argument over councils has an experience question. If we have councils that are too small, where will future leaders gain political experience? Will they be shut out, election after election, by a handful of long-serving veterans.

comment

NPCA opens its resources to you

The Niagara Peninsula Conservation Authority (NPCA) watershed includes all of the Niagara Region plus some sections of Hamilton and Haldimand County. Binbrook is a rapidly growing town as part of Hamilton and is home to a spectacular conservation area.

For those families looking for an outing this summer, the Binbrook Conservation area should be considered. The park is well treed and has a number of picnic tables and pavilions that can be rented



Brian Batty
REGIONAL
COUNCILLOR

for the day. Also available are boat rentals, fishing and a splash pad.

The lake that has been created serves to control water flow but has become known for its recreation capabilities. Volunteers and conservation staff have built breeding grounds for fish

that include a variety of species, including pickerel.

The site can be reached by driving west on Highway 20 and continuing straight on Bismark Road instead of turning right to Smithville. When you reach Binbrook turn left on Highway 56 then right on Kirk Road and follow it on Bismark Road.

Another wonderful resource is the Woodend Conservation area on Taylor Road in Niagara-on-the-Lake on the escarpment above the Glendale campus of Niagara College.

see CONSERVATION AREAS | A5



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Thanks for Connecting Pelham's Kids

The cold weather didn't dampen the generosity of participants and sponsors of the Second Annual Pelham Mayor's Gala held at Peninsula Lakes Golf Course May 8. As you may have heard, the black-tie event raised \$25,100 for Connecting Kids, 10% more than last year's Gala which raised \$22,700 for a permanent home for Pelham Cares.

Connecting Kids, a special partnership fund established in 2001 by the Town of Pelham and Pelham Cares, allows a Pelham youth whose family has limited financial resources to participate in recreational, cultural, and educational programs.

I am so grateful to the sponsors, donors, participants, and volunteers of the Gala. Because of their generosity and support, kids in need will have the opportunity to use their talents and follow their interests — for art, for sport, for music — to their fullest potential.

The Gala included an exquisite Marche-style dinner, a silent auction with nearly 100 items donated by local and regional businesses and an activity auction



Dave Augustus
MAYORAL VIEW

where donors could directly fund activities like music lessons, camp fees and sport registration fees for needy children. At the start of the event, Chantal, a 14-year-old Pelham youth, gave an impassioned testimonial on how Connecting Kids has positively impacted her life. She expressed deep appreciation for the Pelham camps, piano, gymnastic and swimming lessons she was able to attend because of Connecting Kids.

The gala also featured some outstanding Pelham musical talent. Greg Holmes played a "stink guitar" during the cocktail hour. Mark Lalama, one of Canada's most accomplished composers, producers and musicians and the pianist on Canadian Idol, performed a mini concert. Then Jim Casson, who assembled an All-Star Gala Band,

rocked the event until the end of the night.

The elite sponsors for the Gala included ABC Recreation Ltd, AECOM, Charter Building, CIBC, Custom Cart Services, Einstein's Art & Home, Lafarge, Meridian Centre Union, Niagara College, Quarkit Group Inc. and Walker Industries.

Such events are successful only because of the hard work of dedicated volunteers. I would like to express sincere thanks to the volunteer organizing committee: Jordan Arcaro, Jean Bancelor, Betty Brown, Ian Hamilton, John Nicol, Ruth Nixon, Susan Wink, and Paul Winkler. The evening ran very smoothly because of volunteers Jordan Arcaro, Jean Bancelor, Betty Brown, Ruth Nixon, Leah Ugulini, Susan Wink, and Leah Winkler. Again, thank you to all who participated in, donated funds or gifts, and supported in any way the Second Annual Mayor's Gala.

You may contact Mayor Dave at mayordave@pelham.ca or see a *Mayor's Gala promotional video* on www.mayordave.blogspot.com.

Pelham is a Niagara tourism opportunity

According to a Destination Niagara Image Survey conducted in 2008, there is a lack of knowledge or appreciation for Niagara beyond the Falls and visitors to our area perceive that the Niagara region is weak for interesting towns, recreation, agriculture and the food and wine experience.



Cathy Berkhout-Bosse
REAL ESTATE VIEW

The study also identifies a peculiar "before and after" effect in that once people visit and are exposed to Niagara, their perception of our area is much higher than those who have never visited. The dilemma once again seems to be that while we know we got it, no one else seems to know about it. I am reminded of an old Spanish proverb: "It's not enough to lay an egg. You have to crow about it."

The Destination Niagara report goes further to say that it works better when we all cross together. The study concludes that the opportunity for building longer stays in Niagara is by "coalescing fragmented efforts, focusing image and getting travellers to become aware of all the other experiences/activities that comprise Niagara Canada."

One of the first critical steps to achieving this goal was the recent formation of a unified Regional Tourism Organization to manage tourism in Niagara. The objective of this new tourism partnership is to ensure that all of Niagara's visitor attractions, including those offered in Pelham, are featured in the Niagara Region's tourism efforts.

Our part of the story should include cultural heritage such as the Fonthill Bandshell Summer concert series, Pelham Art Show and local art festivals, our boutique shopping destinations, our agriculture sector including the Pelham Farmer's Market and all of our many special retail food and farm destinations, cycling and cartou mages featuring Fonthill and other local scenic attractions, golf and sports visitor packages and eco/geographic explorations of the Fonthill Parks. So, let's move forward and attract new businesses and jobs to our community there are other less tangible — but equally important — payoffs.

Town promotion programs have a tremendous impact on local development. In addition to the obvious economic benefits, it supports the growth and attracting new businesses and jobs to our community there are other less tangible — but equally important — payoffs.

see TOURISM | A5

TOURISM

FROM PAGE A4

A well-planned community marketing strategy improves the quality of life as residents and visitors alike are able to take better advantage of local services and attractions.

It also promotes community pride, which grows as more and more people work together to develop a thriving Niagara economy.

Cathy Berkhout-Bosse, H.B.A. is a real estate broker and writer living in Pelham. You may read past columns at <http://blog.berkhoutbosse.com/>

CONSERVATION AREAS

FROM PAGE A4

The long driveway ends at the site of a spectacular home that sits on the brow of the escarpment and is visible from the QEW. The District School Board of Niagara conducts environmental studies programs on the site and often uses the large rooms in the home for staff development retreats. DSRN officials recently presented a proposal to the NPCA that recommended structural improvements to the property, including redevelopment of the coach house and garage, which is currently used as a classroom. Visitors can reach the Bruce

Trail from the site as well as picnic or make use of the playing field. The site can be reached by driving through the Thorold tunnel and turning left at the second light on Thorold Stone Road. After passing the Walker landfill site, turn right off Taylor Road on the brow of the escarpment.

Residents of North Pelham will know the bridge on

Sewmill Rd. near Maple St. has been under repair for some time. The bridge crosses Steeles Mill Creek. As the repair work was being completed rip rap stone was used to maintain the bank.

Conservation staff were concerned that the deep crevices between the stones would trap young turtles. With enthusiastic support of

Pelham Public Works staff, the NPCA recommended some improvements to the area.

The snapping turtles, protected under legislation as a "species of special concern," commonly leaves the water to bury its eggs in the sand grown at the edges of Sewmill Rd. The danger of the rip rap was solved by using a stone slinger to distribute over the

larger stones and planting some vegetation between the stones and the creek to shelter the young turtles as they return to the water. This form of habitat restoration will become standard practice thanks to the lessons learned in Pelham.

Brian Baty is a Niagara regional councillor for the Town of Pelham and is the vice-chair of the NPCA

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How can Omega3s help with Acne?

From sunburn to psoriasis, acne to eczema, inflammation is often the common thread in most skin conditions. And as nutritional medicine advances, it is becoming increasingly clear that dietary choices can influence inflammation in all parts of the human body. This year originally discovered in the intestines of acne in non-westernized societies became more evident. Soon after, researchers proved the link in our own non-western societies, where the average diets is much higher in Omega-3 fatty acids, since a virtually non-existent furthermore, numerous case reports by physicians have since shown that these three types of skin conditions increase as the community becomes westernized. In other words, as the consumption of omega-3 from fish is reduced,

psoriasis and more.

Sadly, this is quite a distance from the ratio of 2:1 as found in traditional diets and as recommended by an informed panel of lipid experts.

What's more, in a large study published in Nutrition and Cancer (2000;30:155-62), it showed that a higher intake of omega-3 fatty acids relative to omega-6, is associated with a decreased risk of skin cancer. Following this, a study in Carcinogenesis showed that oral EPA can reduce the incidence of sunburn in humans and potentially reduce the risk of skin cancer based on its ability to interfere with DNA damage. As most of our annual UV damage comes not from the occasional vacation in the sun but daily exposure without sunscreen protection, dietary considerations such as anti-oxidant and omega-3 fatty acids becomes all the more relevant and important for our long-term health and well-being.

While fish oils are no substitute for medical treatment of dermatological conditions, the exciting research we have today provides enough reason to include adequate intake of omega-3 fatty acids into our diets for healthy glowing skin.



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■ BUSINESS: Accipiter builds marketing plan

Radar company flies with federal loan

WAYNE CAMPBELL
PelhamNEWS Staff

A company named after a small hawk received feed to fly in its search for markets Friday.

Accipiter Radar

Technology Inc., known for its bird-detection systems at airports, received a \$1.6 million loan from the federal government's Community Adjustment Fund.

With the money,

Accipiter has hired three people to step up marketing of its small radar unit airport and security systems, company president Tim Nohara said.

A small company needs "fuel to grow" after it has

perfected its product, he said. However, finding that fuel is tough, Nohara added. Banks aren't interested in loaning money for such operating expenses as sales development.

Venture capitalists want companies with size in the \$50 million range before they're interested and then want a piece of them, he said.

"It's a real struggle for small businesses to grow after the research and development stage," he said.

see RADAR | A7



WAYNE CAMPBELL Staff Photo

Niagara West-Glanbrook MP Dean Allison, Accipiter Radar Technology Inc. president Tim Nohara and Pelham Mayor Dave Augustyn stand outside Accipiter headquarters on Regional Rd. 20.

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Mayor of PelhamDean Allison, MP
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RADAR

FROM PAGE A6

Niagara West-Glanbrook MP Dean Allison said the Friday second step in the adjustment process is "aimed at businesses rather than municipalities and non-profits."

"We want to grow the jobs" in rural areas with particular job difficulties such as Niagara. It isn't for the likes of St. Catharines and Niagara Falls," the Conservative backbencher said in adding that the initiative is designed to help small companies.

"We have excellent research and development funding but when the company has its product there is little support to move to commercialization," Allison said.

"This business program is to end in 2011 but Allison said if it is successful he expects it will continue in some form.

Allison's riding received three grants from the fund, including the Acceptor loan. About \$11 million went to the Vineland Research and Innovation Centre to market its research facilities and programs. A \$50,000 loan went to Vineland company that researches resumes.

Pelham Mayor Dave Augustyn said Nohara and Acceptor have become a Pelham success story. He said what started out as a home-based basement operation before moving into two small locations now has a growing headquarters and research centre on Regional Rd. 20.

"There is a lot of talk about developing the creative economy but how do you get there? Acceptor has become the poster child for the creative company," Augustyn said.

"It took an existing technology in radar and found a smarter, better way to use it. Now, it needs to get into commercializing it."

Nohara said the \$1.6-million loan will extend over 12 months and the company will have five years to repay it.

Marketing a new type of technology takes time and expense.

Demonstrating our small radar units may require setting them up at an airport in the United States for a month or so that can get expensive," he said.

The radar unit traces bird flight patterns to prevent collisions between birds and planes. The small units can also be used to track wildlife to watch migration and track people along borders for security.

Allison, Nohara and

Augustyn said they see the possibility for Niagara to develop into a technology research centre, such as Waterloo, centred around Brock University and sup-

ported by the area's pleasant lifestyle and near the Greater Toronto Area and the border with the United States.

"We just have to ensure

we keep researchers we have attracted here," Nohara said about those working for the company he has developed.

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How Would You Like to Have Beautiful Hair?

My name is Marianne Schneider. I am 54 years old and I have had hair problems as long as I can remember. I have experimented with an endless array of shampoos, sprays, hair treatments and conditioners and I have spent an enormous amount of money in hair salons. But all those efforts resulted to no avail... the results didn't last more than a few hours, at best.



problem with your hair? Have you ever heard of silica? There she told me her own tale of woe, she said, "I had the same problem as you. Three years ago I suffered a lot of stress in my job and personal life and I started losing all of my hair. My daughter suggested that I try Original Silicae Balsam." This woman told me it took about three months, but you know, her hair looked remarkable!

So I tried Original Silicae Balsam and before long my hair actually started to grow back! In time it became much thicker and it felt much stronger. After about six months my hair had a wonderful shine and it looked very healthy.

Now I have the beautiful hair I have been dreaming of all of my life. Although I am still the object of sneaky glances, and again it's because of my hair - but now I revel in those glances admiring my beautiful, healthy hair.

Marianne Schneider
For more info about Original Silicae Balsam,
visit RosemarysNaturalChoices.com.

Sale... \$23.49

Sale ends June 30

When I was 49 it got even worse - one day I started shedding large tufts of hair. I consulted doctors and had my hormone status analyzed. I tried Schuessler salts and body detox therapy, none of which had any lasting effect. Finally, I had my hair cut short and only ventured into public wearing a headscarf because, by now I had so little hair left that my scalp was clearly visible. My friends pretended not to notice and told me it wasn't that bad. Sometimes though, I caught them sneaking glances at my head. And those stares at the supermarket or at the cinema - sometimes it was simply unbearable.

About three years ago, I met a woman who took me aside and asked, "Do you have a

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■ **VICTORIA DAY:** Family outing helps Big Brothers Big Sisters

For PelhamNEWS

Stable in North Pelham hosts Wild West Day

B+N Stables hosts a Wild West Day on Victoria Day with all proceeds going to Big Brothers Big Sisters.

The 10 a.m. to 4 p.m. May 24 event will be at a horse farm set up for an affordable, safe, fun and educational day out with the family.

A variety of hands-on experiences with horses and other farm animals will be set up to raise money to send children to summer camp. Wild West Day activities include riding demonstrations, horse rides, and groom

a horse. A petting area will have miniature horses, donkey and goats. A horse discovery center will provide an interactive horse education. Live music will be played by Released in Vinyl.

The day will include horse crafts, horsy items from Reign Equestrian & Athletics. There will be specials on lessons and camps, prizes, barbecues.

Wild West Days will go rain or shine with indoor facilities for all events.

Admission is free but activities require a ticket, \$2 each or 3 for \$5. B+N Stables is at 2250 Balfour Street at Sixteen Road in northern Pelham.

For more information on the Wild West Day, call 905-892-7453 or visit our website at www.burstables.com.

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Fonthill & District KINSMEN



Supplied Photo
The Fonthill Kinsmen recently donated \$2,000 to Pelham Cares. The proceeds from the 2010 Kinsmen Home Show admissions will assist the organization with the growing demands in our community. In the photo from left Kin Andrew Doyle, Kin Deputy Governor Bob Cole, Kin Brian Iggulden presenting cheque to Gail Hlyer from Pelham Cares, Colleen McCarthy from Pelham Cares, and Kin Brian Steven.

■ TOURISM: Opens in late June

Information booth returns to Log Cabin

PELHAM - A tourist information booth, operated by the Welland-Pelham Chamber of Commerce, will open in the Log Cabin on Regional Rd. 20 by the end of June.

Chamber executive director Dolores Fubiano said the location worked out well last year. This year it will include some adjustments such improved sig-

nage. The chamber welcomes information about from local businesses including farmgate outlets, pick-your-own fruit and vegetable farms. It's the type of information rural tourists want, she said.

The chamber will enter it into a database and display brochures and other information at the booth. The chamber's

website will include updated tourism information for the area, she said. The tourist information booth moved to the Log Cabin last year after two years in a mobile booth at the Fonthill Shopping Centre.

The plaza asked the chamber and the town to move the booth when a new owner reconstructed the parking lot.

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Canadian Tire Jumpstart® is a community-based charitable program that helps underprivileged kids across Canada aged 4-18 participate in organized sports and recreation.



■ **CARNIVAL:** Parade, fireworks, chili contest and cow pop

Fenwick Lions bring party to Centennial Park

PelhamNews Staff

Firefighters are shining their trucks. Children are decorating their bikes. The E.L. Crossley Marching Band is rehearsing. Politicians are stewing over chili recipes. And Bessie is plotting where to stop.

The Fabulous Fenwick Lions Carnival will march off with its opening parade on Friday, May 28, kicking off three days of fun, food and games at Fenwick Centennial Park.

The parade begins at 6:30 p.m. at Bethany Christian Church on Balfour Rd. heads up to Canboro Rd and then rolls through Fenwick to Church St. and Centennial Park.

Pelham and neighbouring fire departments bring colour and noise with their trucks. The Crossley marching band leads off its season with the hometown appearance. Children become the highlight of the parade with their home decorated "boats".

Other highlights for the weekend include three days of midway, fireworks on Saturday night, hearty breakfasts on Saturday and Sunday morning, a chili tasting contest among Mayor Dave Augustyn, MP Dean Allison and MPP Tim Hudak.

Sunday features a Cow Pop with Bessie lining up the winning lottery squares.

The carnival begins the summer season as Fenwick Lions and Lioness use it to entertain the community and raise money for their various charities.

Line up for the weekend include:

FRIDAY NIGHT, MAY 28:
5 p.m. The Midway opens
Lioness Penny Sale and Book sale in the clubhouse

5 p.m. Displays by local automotive, motorcycle, tractor, & ATV dealers on baseball diamond No. 1

6:30 p.m. Carnival Parade Begins at Bethany Christian Church, proceeds north on Balfour St., west on Canboro Rd., & south on Church St. to Centennial Park.

11 p.m. Midway closes
SATURDAY, MAY 29:
8 a.m. - noon Breakfast served at the Food Booth
9 a.m. - 9 p.m. Displays by local automotive, motorcycle, tractor and ATV dealers on baseball diamond No. 1

Noon to closing- Lioness Penny Sale & Book Sale in the Clubhouse
1 p.m. - closing Midway Rides

2 p.m. - 4 p.m. Plant Auction
2 p.m. - 4 p.m. Chili Cook Off with our local politicians
10 p.m. Spectacular Fireworks Display

SUNDAY, MAY 30:
8 a.m. - noon Breakfast served at the Food Booth
8 a.m. - 4 p.m. Lioness Penny Sale & Book Sale in the

Clubhouse
12 p.m. - 4 p.m. Midway Rides open - one price for rides all day
12 p.m. - 4 p.m. Displays by

local automobile, motorcycle, tractor, and ATV dealers on baseball diamond No. 1
2 p.m. Cow Pop Lottery - Go Bessie!



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Well-informed recreational boaters

Canada possesses so many different bodies of water that it isn't surprising that boating activities are so popular. However, we should always keep in mind that navigating on water involves certain dangers and responsibilities which we can all learn about during Safe Boating Awareness Week from May 22 to 28, 2010.

Wearing a lifejacket or personal flotation device is by far the best way of avoiding drowning accidents. Before heading out on the water, operators of pleasure craft should always ensure that they have enough Transport Canada-approved, individual life jackets for everyone on board. Moreover,

always watch your level of alcohol consumption. Sometimes we can forget the fact that driving a boat under the influence of alcohol is just as serious as driving a car in the same state. It is essential, therefore, to ensure that the person who is driving is able to do so safely... accidents happen very quickly.

Another important part of boating is to participate actively in the protection of our lakes, rivers and coastal waters by not dumping untreated, used water directly into the water. Keep it on board, along with the garbage you have accumulated during the day, and dispose of it once you have disembarked. If you have smokers on board it is also important to provide them with an ashtray for their cigarette butts.

In short, navigating on the water involves risks and responsibilities, which sailors must assume if we hope to significantly reduce the number of accidents which happen on our rivers, lakes and coastal waters.

There are numerous dangers in navigating on water, so pleasure boaters must always be alert!



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■ ENVIRONMENT: Recycling spares wildlife habitat

WAYNE CAMPBELL
Staff Photo

E.L. Crossley's Eco-Cell group encourages students and the public to drop used or broken cellphones in proper recycling boxes to recover tantalum parts. From left front are Mashal Noor-Ellahi, teacher Michaela Halsted, Karen Kawa and Katelyn Pellow; back from left Edin Anderson, Megan Simmons, Shelen Messina, Sophie Butler, Marissa Peacock and Jesse Rietveld.



The gorilla in the room is your cellphone

WAYNE CAMPBELL
PelhamNEWS Staff

Those old cellphones cluttering up your dresser drawers or heading for the garbage can help save gorillas in the Congo. E.L. Crossley Secondary School's Eco-Cell group has joined a Toronto Zoo campaign to encourage recycling to reduce mining of Tantalum, a key component of cellphones.

The material is recyclable and since 2006 the Toronto Zoo has collected more than 4,000 cellphones.

Crossley student Megan Simmons said Tantalum is

As cellphone demands increase, so does the demand for the materials to make them. It is said that the average Canadian teenager will dispose of three cellphones before they turn 20."

Megan Simmons, E.L. Crossley student

light weight and holds a high electrical charge making it popular for the manufacturing of cellphones, pagers and laptops.

"E.L. Crossley is helping the Toronto Zoo collect old cellphones in order to minimize the destruction of ecosystems which also destroys habitats for lowland gorillas in Africa," she said.

Eco-Cell has a recycling box in the school's main office and has placed one at the Fonthill branch of the Pelham Public Library.

And they are looking for other locations for boxes they received from the Toronto Zoo. The students are looking for any cellphone or pager not in use that could end up in a landfill.

"As cellphone demands increase, so does the demand for the materials to make them," said Simmons. "It is said that the average Canadian teenager will dispose of three cellphones before they turn 20."

It could be much more. When you use a cellphone user plane or cellphone companies, you often change cellphones. The old ones get discarded.

These cellphones are the target of this recycling campaign.

"Salvaging those materials can help conserve natural resources, limit toxic e-wastes in landfills, protect endangered gorillas and their habitat, and help other wildlife and habitat in the Congo," said Simmons.

Crossley science teacher Michaela Halsted said the students have collected more than 20 cellphones since the drive began.

"That's 20 that aren't in going into a landfill site," she said.

The students now want to turn the trickle into a flow by increase the number of donors and profile of the program.

You can drop off cellphones at the school's office on Regional Rd. 20 or the Fonthill library branch.

For information about the campaign you can contact Halsted at the school at 905-892-2635 or see www.torontozoo.com/conservation/ecocell.asp

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What is the importance of healthy eating for denture wearers?

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrition intake may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

What can I do to prevent any of this happening to me?

Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplement regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally laden foods such as fresh fruits and vegetables, proteins and meats that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

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DAN GRABOWSKI DD



■ **BASEBALL:** Team heads to playoffs

Crossley sweeps home stand

For PelhamNEWS

The E.L. Crossley baseball team completed a successful three-game home stand at Harold Black Park with an exciting 5-4 win over Westlane Secondary School last Friday.

With Crossley leading 4-2 after five innings, Westlane scored two runs in the sixth to set the stage for a dramatic final inning.

After leading the bases with no outs in the top of the 7th inning, Crossley's Matt Kohli shut Westlane down with three strikeouts to end their chances.

The home team then loaded the bases in the bottom of the inning before Cody Coverdale worked a walk with two outs to push the winning run across the plate.

Chris Kershaw started on the mound for Crossley, and limited Westlane to one run with five strikeouts. AJ Clarke was 3-for-3

at the plate with three RBIs, and Travis Robbins had two stolen bases and scored two runs, including the eventual winner.

Crossley advanced to the playoff round, which started Tuesday at Welland Stadium.

Earlier Crossley scored a 9-0 win in its first-ever home opener on May 10.

Playing at Harold Black Park against Ridgeview Crystal Beach High School, the team was strong on both defence and offence, scoring four runs in the first two innings, and adding four runs in the 6th to end the game.

Ben Baltrusinas started on the mound for Crossley, and recorded six strikeouts in four innings. Anthony Vacca closed the game out with four strikeouts in the final two innings.

Travis Robbins led the offence with four runs scored, one RBI and two stolen bases.

Kohli and Anthony Vacca

both scored a pair of runs, while Clark had two RBIs. Evan Elliott and Cody Coverdale clipped in with an RBI each.

On May 14, Crossley rolled to an impressive 17-3 victory against St. Paul High School in their second home game at Harold Black Park.

Clark pitched the first four innings, allowing only three runs and striking out four. Evan Elliott pitched the final inning, and delivered a three up, three down performance.

Anthony Vacca lead the offence with four runs scored and an RBI, and dove for a spectacular catch in centre field.

Andrew Quast had a 2-hit performance with 2 RBIs. Clark reached base three times and scored three runs, Jonny



Supplied Photo

The E.L. Crossley Secondary School baseball team scored an impressive 9-0 win in its first ever home opener on May 10. From left, Cody Coverdale, Matt Kohli, AJ Clarke, Melissa Kohli, Louis Butko. Back from left, team manager Craig Gemmel, coach Colton Hreak, Trevor Rogers, Evan Elliott, Travis Robbins, Jonny Waseaner, Andrew Quast, Ben Baltrusinas, Chris Kershaw, Anthony Vacca, coach Zach Fisher, staff manager Nathan Kowalski. Absent from photo, team advisor Chris Fisher.

Waseaner reached base twice and had two RBIs, and Chris Kershaw reached base three times with a run scored and an RBI.

AGCO

Alcohol and Gaming
Commission of Ontario

Notice of Liquor Licence Application

The following establishment has applied to the Alcohol and Gaming Commission of Ontario for a liquor licence under the *Liquor Licence Act*:

Application for a Sales Licence

LA STRADA CAFE
(To be known as: CAFE ON MAIN (THE))
1455 PELHAM STREET
FONTHILL (Indoor area)

Any resident of the municipality may make a written submission as to whether the issuance of the licence is in the public interest having regard to the needs and wishes of the residents. Submissions must be received no later than **June 8, 2010**. Please include your name, address and telephone number. If a petition is submitted to the Commission, please identify the designated contact person. Note: The AGCO gives the applicant copies of any objections. Anonymous objections are not considered.

The personal information gathered is collected under the authority of the *Liquor Licence Act*. The principal purpose of the collection is to assess eligibility for the issuance of a liquor sales licence. Copies of all objections are given to the applicant. The information may also be disclosed pursuant to the *Freedom of Information and Protection of Privacy Act*. Questions about the collection should be directed to the Manager, Licensing and Registration, Alcohol and Gaming Commission of Ontario at the address, telephone numbers or e-mail address listed below.

Submissions to be sent to: Licensing and Registration, Alcohol and Gaming Commission of Ontario, 90 Sheppard Avenue East, Suite 200, Toronto, ON M2N 0A4. Tel: 416-326-8700 OR Toll-free in Ontario: 1-800-522-2876. Fax: 416-326-5555. E-mail: licensing@agco.on.ca

64207055

CARNIVAL

MAY 28 29 30

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Saturday May 29, 12-Closing
Sunday May 30, 8am-4pm

Centennial Park Church Street Fenwick

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sports

■ **GOLF:** Promotion trains future duffers

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WAYNE CAMPBELL
PelhamNEWS Staff

Dave Laffeur brought his work home to help his old school.

The chief financial officer of Golf Canada adopted Glynn A. Green public school to promote the organization's national golf in schools program.

Laffeur now lives in Burlington, but he grew up in Fonthill.

He picked the school his two nephews attend to donate a \$475 golf package of plastic clubs, balls and other equipment.

WAYNE CAMPBELL
Staff Photo

Glynn A. Green public school students Davyn Laffeur, left, and Dawson Laffeur hold golf clubs while teacher Stuart MacPherson and their uncle Dave Laffeur of Golf Canada hold a Golf Canada school kit. Dave Laffeur is a former Glynn A. Green student who bought the kit for the school as part of an "adopt a school" program to promote the teaching of golf.

It's designed to help physical education teachers explain and demonstrate the fundamentals of golf, he said.

The oversized and safe equipment allow children to play with a minimum of risk and frustrations.

Laffeur nephews, Grade 2 student Davyn Laffeur and Dawson Laffeur Grade 4, picked up the clubs and hit balls around the gymnasium to get a feel of the game.

Teacher Stuart MacPherson said Glynn A. Green has been teaching golf along with A.K. Wigg and Pelham Centre public schools. It's squeezed in between track and other

sports.

Golf is popular among students in a town with a half dozen golf courses in or near it.

"We've topped off units with a day at Riverview Golf Course" for older students, he said.

The kit, however, will help instruct younger students, he said.

Laffeur said Adopt A School is a national program with about 550 schools receiving kits so far and about 100 on a waiting list.

The packages are a one-time donation which allows the school to continue with it, he said.

Golf Canada developed it with physical education teachers and it includes a teacher's guide. It hopes to get a national sponsor but in the meantime has developed the adoption program to allow anyone to encourage instruction of the sport in schools.

Golf Canada is just starting to get the word out and those interested in more information can find it at www.nationalgolfinschools.com.

In addition to the Physical Health and Education Association of Canada (PHE Canada) the program operates in partnership with

the Canadian Professional Golfers' Association (CPGA).

Laffeur said golf provides a form of physical exercise and helps students to develop a range of physical and mental skills.

wcampbell@willardtribune.ca

■ E.L. CROSSLEY TRACK AND FIELD



Supplied photo
E.L. Crossley Track & Field team won the Zone Championship and Girls overall title on May 11 at WestPark in St.Catharines. Consisting of a team of 60 who competed, 45 are going to S.O.S.S.A. (Southern Ontario Secondary School Association) on Thursday May 20 at WestPark (NOC). The top five at WestPark (NOC) again. Then to OFSAA June 3-5 in London. Of the 45 athletes moving on, 18 athletes placed first in one or more events on May 11 were: Courtney Bennett, Dylan Brennan, Alex DelleMonache, Mitchell DelleMonache, Naomi Fiagg, Emily Gearing, Phil Hering, Jordan Ingraham, Katie Kalchman, Melissa Kotli, Arianah MacDonald, Becky Morris, Hilary Reid, Karley Rempel, Dylan Rossi, Emma Sulcia, Jillian Young and Ian Whitehall. Congrats to all others who placed in the top five. The team would like to thank the community who supported the team at their car wash fundraiser that was held last Saturday.

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